

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	52	14	8	20
Gender				
Males	49	14	8	22
Females	54	14	9	19
Ethnicity				
White	50	11	6	18
African American	37	15	4	17
Latino	56	16	12	23
Asian/Other	52	13	8	23
Income				
≤\$19,999	58	27 ***	24 ***	34 ***
\$20,000 - \$49,999	52	12	8	23
≥\$50,000	49	11	5	14
Federal Poverty Level				
≤ 185%	56	19 **	14 ***	27 **
> 185%	49	11	5	17
Food Stamps				
Yes	58	32 ***	24 ***	38 ***
No	51	12	7	19
Overweight Status				
Not at Risk	55	12	7	23
At Risk/Overweight	48	17	10	18
Physical Activity				
≥60 minutes	52	14	8	21
<60 minutes	51	14	8	19
School Breakfast				
Yes	62 *	25 ***	20 ***	34 ***
No	49	11	6	17
School Lunch				
Yes	51	17 **	10 *	22
No	52	9	6	17
Nutrition Lesson				
Yes	56 **	16	10	22
No	46	11	7	18
Exercise Lesson				
Yes	55 **	14	9	21
No	45	12	7	19

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001